


Tahoma Pool



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 - 7:30 am	Lap Swim					
9:00 - 10:00 am	Aquarobics		Aquarobics		Aquarobics	
9:30 - 10:30 am	Deep Water Exercise	Deep Water & Shallow Water Exercise	Deep Water Exercise	Deep Water & Shallow Water Exercise	Deep Water Exercise	
10:30 - 11:00 am	Lessons M/W	Lessons T/Th	Lessons M/W	Lessons T/Th	Private Lessons Available	
12:00 - 1:00 pm	Lap Swim & *Public Swim (*Shallow End Only)					 Noon - 1 pm Lap Swim & Private Lessons Available
1:00 - 2:00 pm	Lessons M/W	Lessons T/Th	Lessons M/W	Lessons T/Th	Private Lessons Available	1 - 2 pm Public Swim
3:30 - 5:00 pm	Kentwood Water Polo					2 - 3 pm Public Swim
4:30 - 7:00 pm	Lessons M/W	Lessons T/Th	Lessons M/W	Lessons T/Th	Private Lessons Available	3 - 7 pm Rentals & Birthday Packages Available
5:00 - 6:30 pm	KING Aquatic Club					7:30 - 9:30 pm Float - In Movie 3rd Saturday of each month.
7:00 - 8:00 pm	Public Swim & Drop - In Diving	Promo Swim \$1.00	Public Swim	Promo Swim \$1.00	Public Swim	Sunday
8:00 - 9:00 pm	Drop - In Swim Training	Deep Water Exercise & Aquarobic-s	Drop - In Adult Lessons	Deep Water Exercise & Aquarobic-s	Public Swim	1:00 - 5:00 pm Rentals & Party Packages Available
8:00 - 9:00 pm	Lap Swim					
* Family Swims are in the shallow end only. *Shallow Water Aerobics						

* Family Swims are in the shallow end only.
*Shallow Water Aerobics

- Children under 6 years of age must be accompanied by an adult in the water at all times.
- Family Swims require an adult in the water directly supervising all children under 18 years of age.
- Programs may be changed, combined, or share the pool to assure maximum convenience and pool use.



This material will be provided in alternative formats upon request.

Spring Schedule 2004 March 29 - June 20, 2004

We will be closed:
Memorial Day Weekend,
May 29 - 31st



Monday/Wednesday Tuesday/Thursday

Mar. 29 - Apr. 21 Mar. 30 - Apr. 22
Apr. 26 - May 19 Apr. 27 - May 20
May 24 - Jun. 16 May 25 - Jun. 17

Registration begins up to three months before the start of the class. See *Registration Policy*.

PRIVATE LESSONS

Get extra help on a specific skill or just more individual attention. Please ask.

EXERCISE PROGRAMS

- **DEEP WATER EXERCISE.** Workouts include the use of Hydro-Fit™ equipment supplied by the pool. Our Deep Water Exercise class gives one of the greatest aerobic and toning workouts available with absolutely no impact to the body's joints. This is an ideal class for those wanting to cross train or who may be recuperating from a sports injury.
- **WATER EXERCISE.** A drop-in water aerobics and water walking program for men and women. No swimming required. Call or visit the pool for information.
- **AQUAROBICS.**™ Registration required. Please Call 1-800-817-8988 for details and cost of this popular program.

FLOAT IN MOVIE

Offered the third Saturday of each Month. Up coming features are:

April 17th - Pirates of the Caribbean
May 15th - Lion King 11/2
June 19th - Sandlot



King County Tahoma Pool

18230 SE 240 Street
Kent, WA 98042
Phone: 206-296-4276
TTY Relay Service: 711

RECREATIONAL SWIM SCHEDULE

All days, dates, and times are subject to change.

Lap Swimming

M - F 6 - 7:30 am
M - Sa 12 - 1 pm
M - Th 8 - 9 pm

Public Swimming

M - F, 12 - 1 pm
Sa, 1 - 2 pm
Sa, 2 - 3 pm
M, W, F, 7 - 8 pm
T, TH, \$1.00 7 - 8 pm
F, 8 - 9 pm

EXERCISE PROGRAMS

Deep Water Exercise

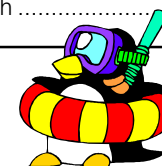
M-F 9:30 - 10:30 am
T/Th 8:00 - 9:00 pm

Shallow Water Exercise

T, Th 9:30 - 10:30 am

Aquarobics™

M, W, F 9:00 - 10:00 am
T, Th 8 - 9 pm



Special Public Swims

Special Public Swims 1:30 - 3:00 pm Fridays: Fee is \$3.25

April 2nd & 9th
May 7th & 14th